



Year 6 Physical Education - Autumn Term 1: Gymnastics



1. Travel - Quality
Speed and **flow**
Control and **balance**
Tension/extension
Leg/arm design



2. Rolling
Body **tension/extension**
Body position start /finish
Timing/communication

3. Group Balances
Ensure balance is within the capability of the group
Be aware of your own and your group's **ability**
Adequate matting



4. Through Vault

Strong fast run up
Hands placed in middle of **platform**
Fingers spread shoulder width apart
Squat feet between hands
Push from top of platform
Shoulders in front of feet at all times
Safe, controlled **landing**



How can gymnastic sequences be developed through collaboration?

5. Balance
Core strength / tension
Body positioning
Focus



6. Mistakes Help us to Learn
Be open to feedback
Accept when things don't go to plan
Practise and repeat correct technique
Stay positive / resilient

ability	balance	control	core strength	extension	flow
landing	mistakes	platform	speed	squat	tension